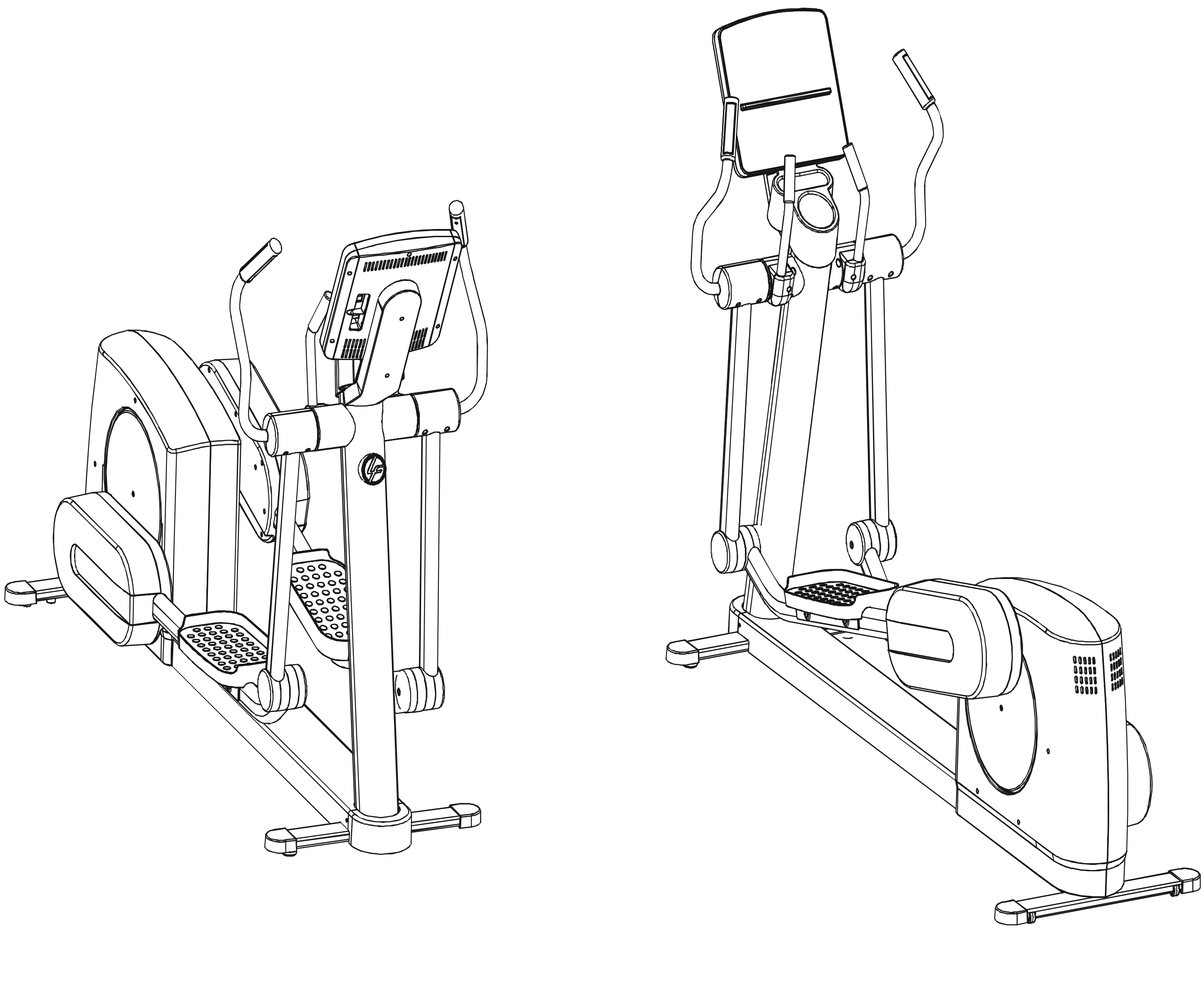
ARCTIC SILVER QUIET DRIVE
CROSS-TRAINER 90X-0XXX-04



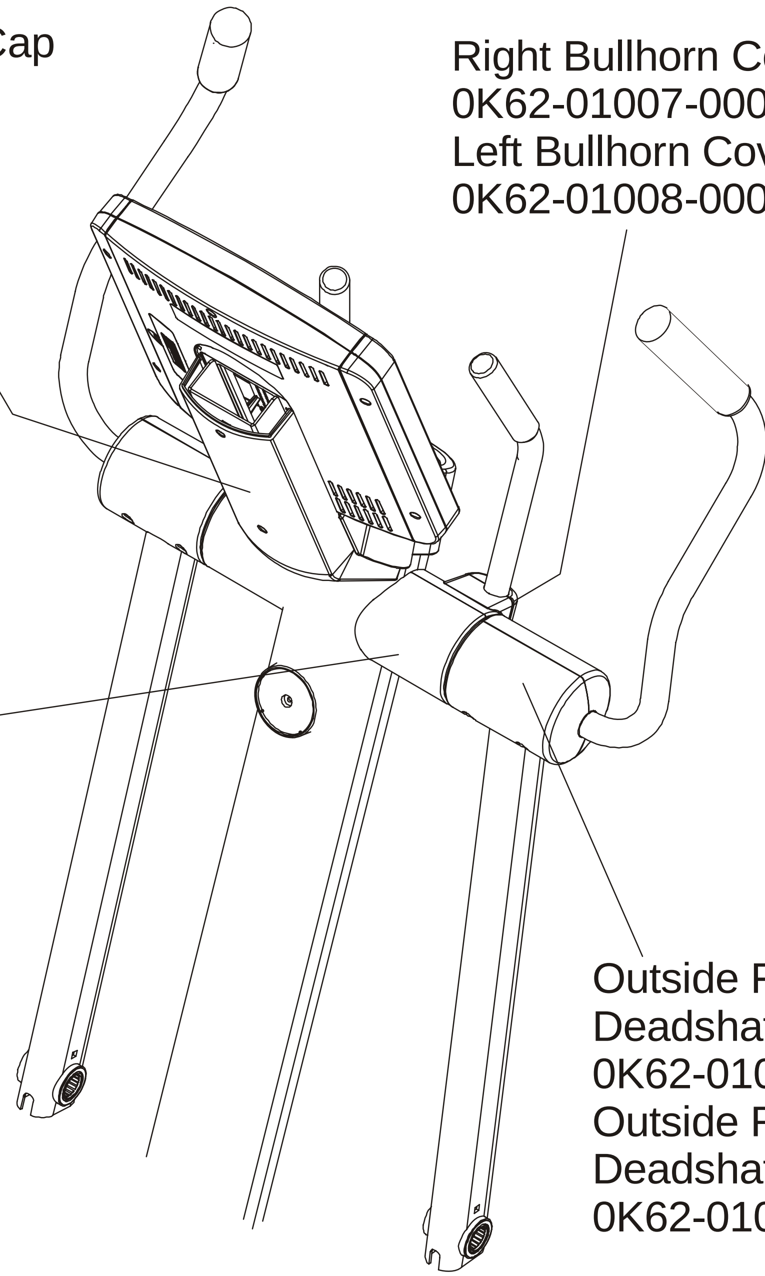
Customer Support Services

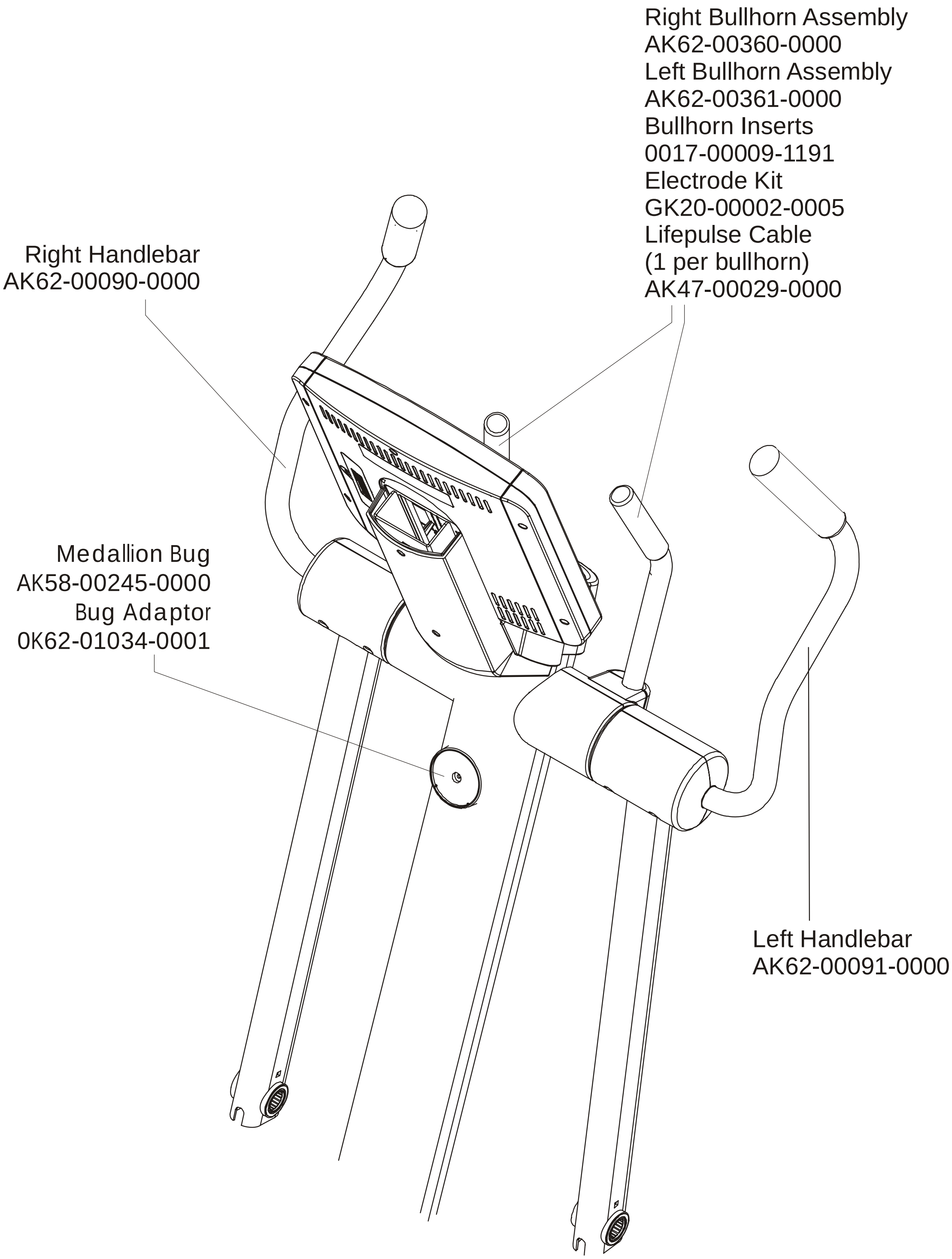
PARTS MANUAL revised 30 Jul 2008

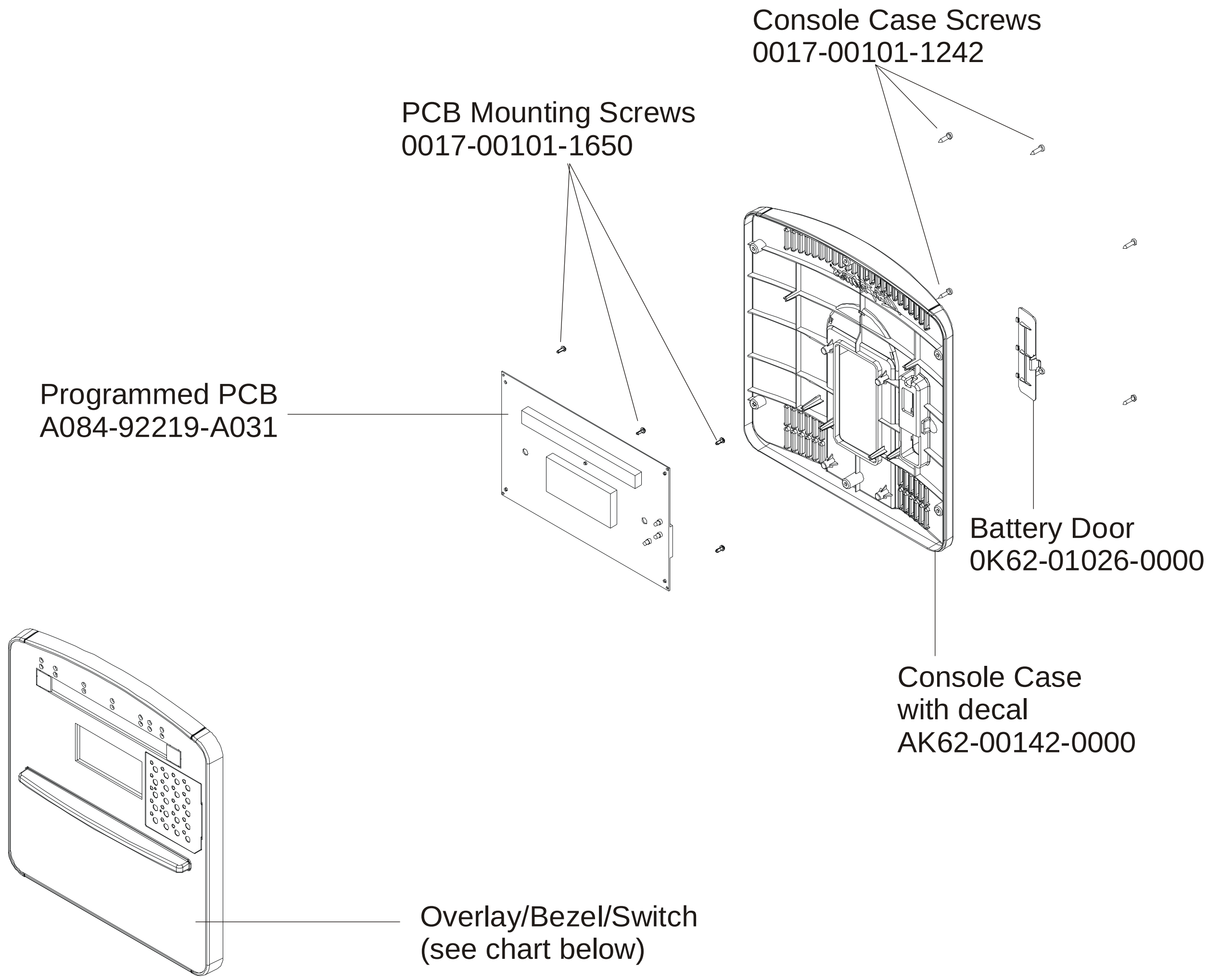
Miscellaneous 3
Console Support and Deadshaft Covers 4
Handlebars and Bullhorns 5
Console and Related Components 6
Upper Frame Hardware 7
Rocker Arms and Pedal Levers 8
Crank Cover and Lower Caps 9
Lower Frame Shroudsand Hardware 10
Pedal Lever Components 11
PCB, Battery, Reed Switch, and Bracket 12
Bearing Insert Assembly 13
Crank Arm Pulley Assembly 14
Drive Module 15
Drive Module Hardware 16
Cables 17

Description	Part No.
OPERATION MANUAL	M051-00K62-A181
SERVICE MANUAL	M051-00K62-A149
TOUCH UP PAINT: SPRAY CAN .5 OZ BOTTLE W/APPLICATOR .33 OZ PEN	 0017-00008-0204 0017-00008-0205 0017-00008-0206
HARDWARE BAG	AK62-00152-0001
PLUG IN OPTION 120/60	GK62-00002-0018
PLUG IN OPTION 240/50 UK	GK62-00002-0019
PLUG IN OPTION 240v AUS	GK62-00002-0020
PLUG IN OPTION 230/50 CONT.	GK62-00002-0021
POWER CABLE WITH BRACKET ASSEMBLY CONSISTS OF: 120” COAX CABLE ASSY. 120” POWER EXTENSION CABLE ACCESS PANEL BRACKET F-TYPE PANEL CONNECTOR #8 PLASTIC GROMMET	AK62-00210-0000 AK32-00020-0002 AK32-00078-0001 0K62-01179-0001 0017-00021-2846 0017-00042-0754

NOTE: The 90X-0XXX-04 has Lifepulse sensors for reading heart rate and is pre-wired for the attachable LCD TV. When ordered with an attachable LCD TV, it becomes a model 90XER-XXXX-04. See the LCD-0XXX-02 Entertainment parts list for the part numbers and descriptions for the attachable LCD TV, remote, and hardware for this product.

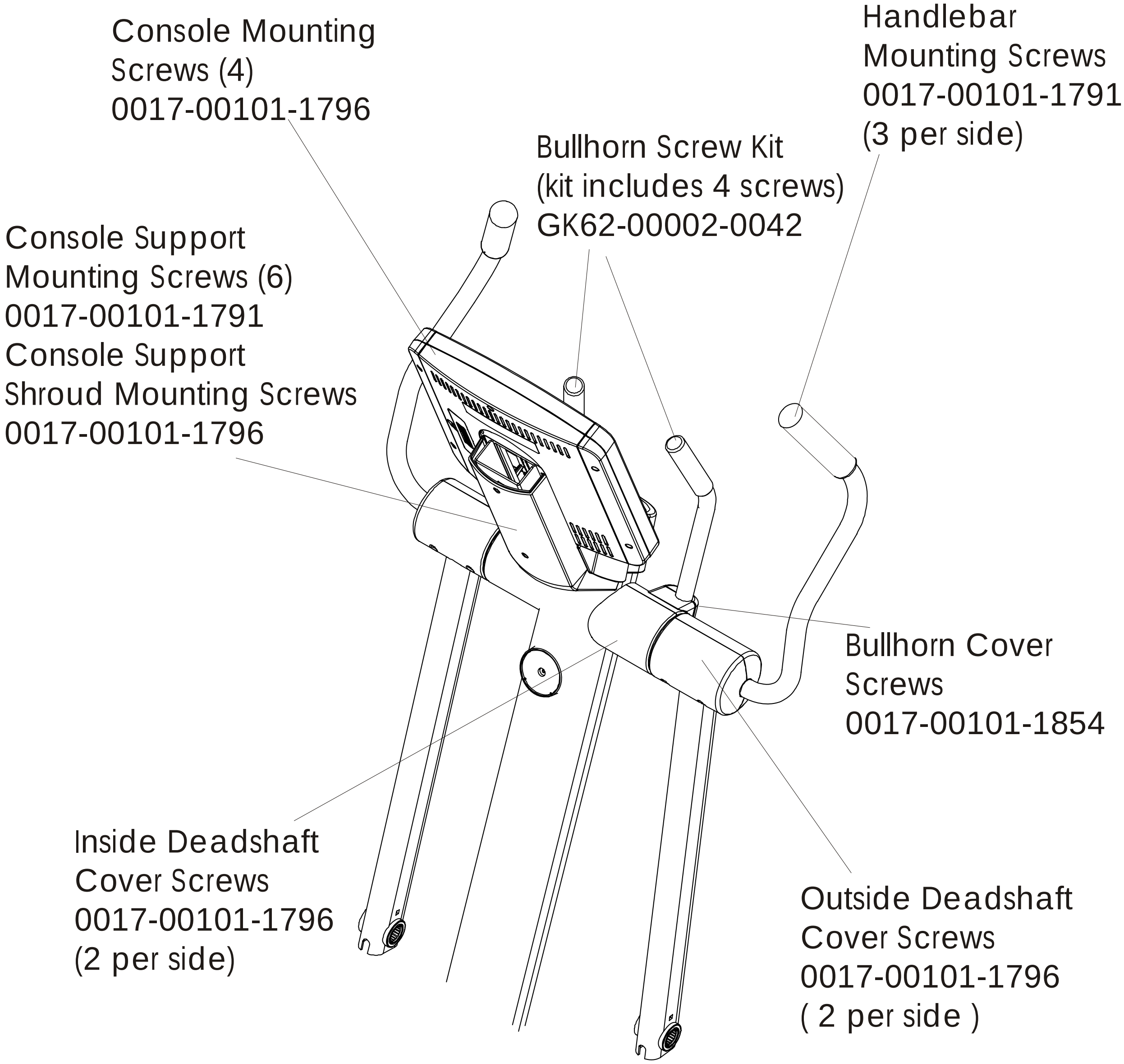

Console Support
AK62-00123-0000
Console Support Cap
0K62-01030-0000
Console Support
Shroud
0K62-01023-0000
Right Bullhorn Cover
0K62-01007-0001
Left Bullhorn Cover
0K62-01008-0001
Right Inside
Deadshaft Cover
0K62-01010-0000
Left Inside
Deadshaft Cover
0K62-01011-0000
2-Front Inside
Deadshaft Cover
0K62-01009-0000
Outside Front
Deadshaft Cover (2)
0K62-01013-0000
Outside Rear
Deadshaft Cover (2)
0K62-01012-0000


Right Bullhorn Assembly
AK62-00360-0000
Left Bullhorn Assembly
AK62-00361-0000
Bullhorn Inserts
0017-00009-1191
Electrode Kit
GK20-00002-0005
Lifepulse Cable
(1 per bullhorn)
AK47-00029-0000
Right Handlebar
AK62-00090-0000
Medallion Bug
AK58-00245-0000
Bug Adaptor
0K62-01034-0001
Left Handlebar
AK62-00091-0000

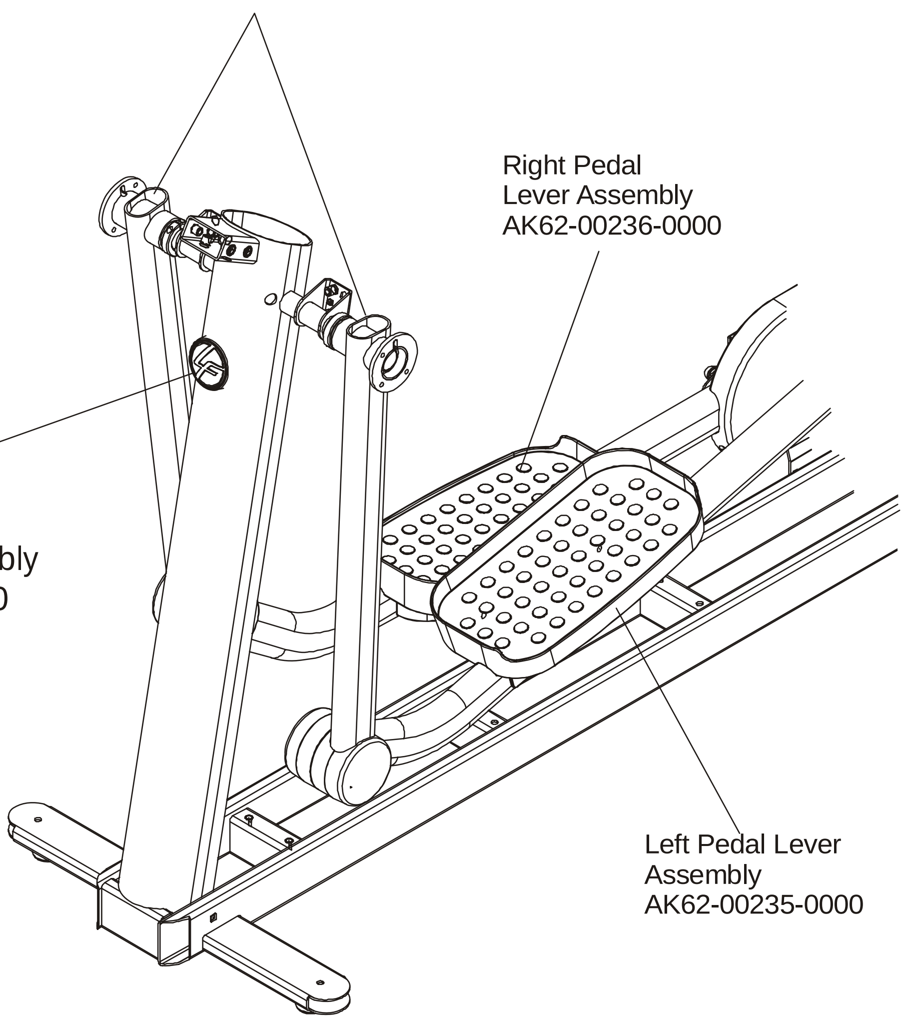


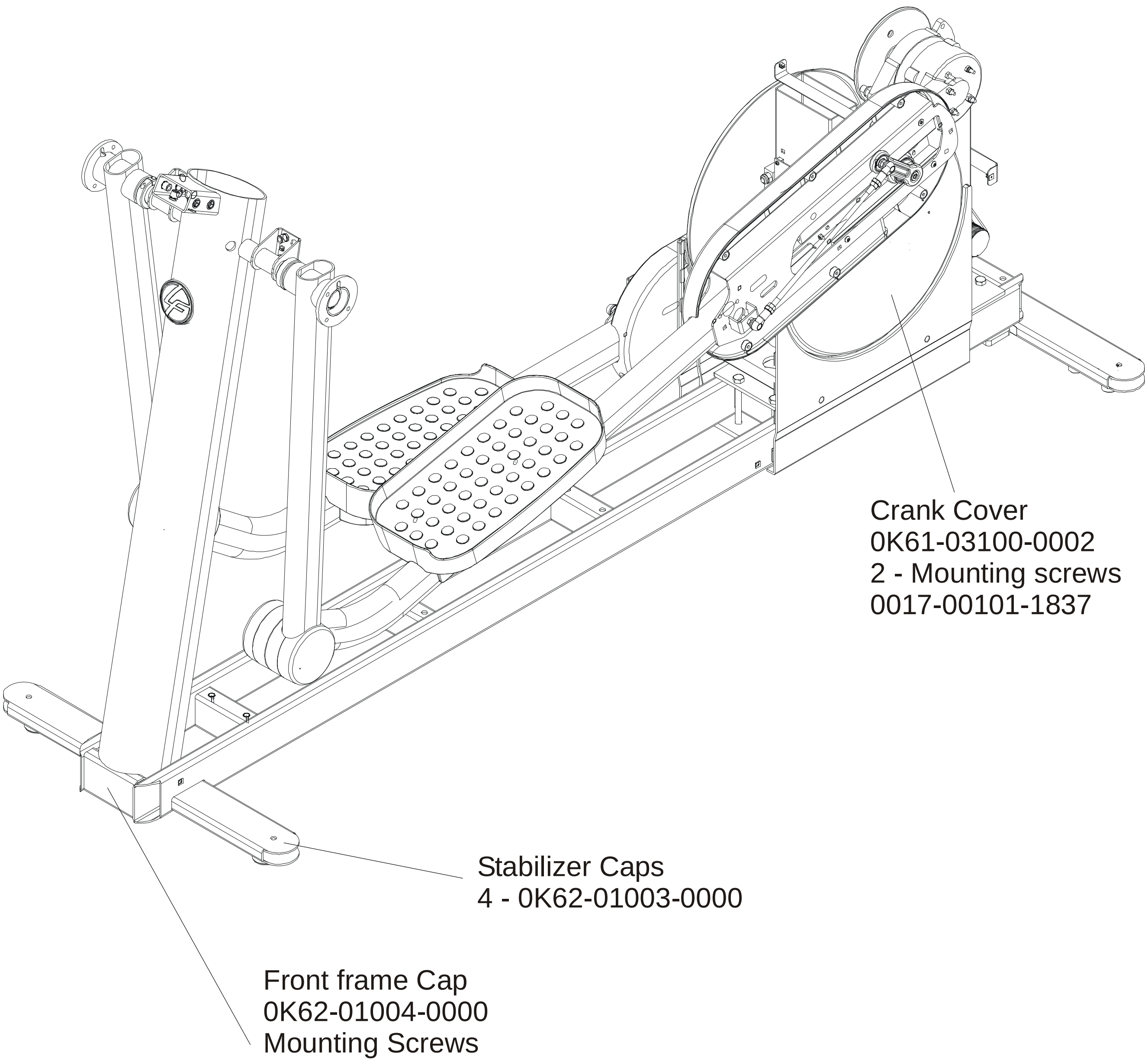
Language	Part No.	
	Console	Overlay/Bezel/Switch
ENG/ENG	AK62-00354-0001	AK62-00388-0001
ENG/MET	AK62-00354-0002	AK62-00388-0001
GER/MET	AK62-00354-0003	AK62-00388-0003
SPN/MET	AK62-00354-0004	AK62-00388-0004
FRN/MET	AK62-00354-0007	AK62-00388-0007
ITL/MET	AK62-00354-0008	AK62-00388-0008
DUT/MET	AK62-00354-0009	AK62-00388-0009
POR/MET	AK62-00354-0010	AK62-00388-0010

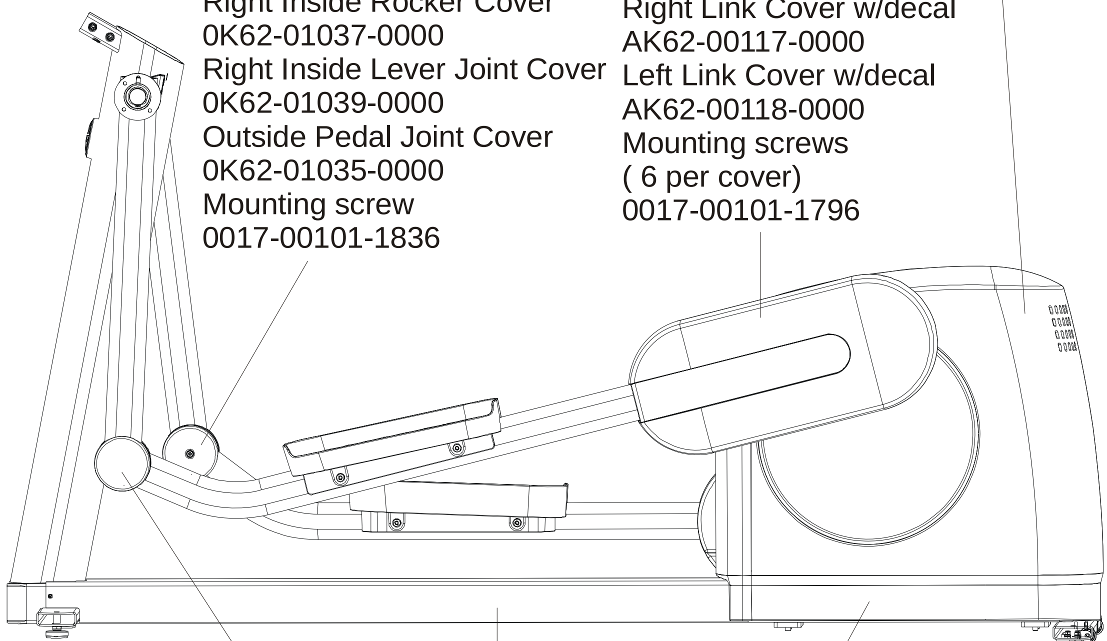
items not shown
Accessory Tray
0K62-01022-0000
Accessory Tray Mounting Screws (2)
0017-00101-1846



Rocker Arms Kit
GK62-00002-0070
contents:
- Rocker Arms (2)
- Hardened Spacers (2)
- Oilite Washers (2)
- Retaining Rings (2)
- *Loctite 620*
- Alcohol pad




Crank Cover
0K61-03100-0002
2 - Mounting screws
0017-00101-1837
Stabilizer Caps
4 - 0K62-01003-0000
Front frame Cap
0K62-01004-0000
Mounting Screws
(Located on front sides of Ladder Frame Cover)
2- 0017-00101-1795



Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting screw
0017-00101-1796
Right Inside Rocker Cover
0K62-01037-0000
Right Inside Lever Joint Cover
0K62-01039-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting screw
0017-00101-1836

Rear Shroud Assy.
AK62-00223-0000
Mounting screws
(2 per side)
0017-00101-1796

Right Link Cover w/decal
AK62-00117-0000
Left Link Cover w/decal
AK62-00118-0000
Mounting screws
(6 per cover)
0017-00101-1796

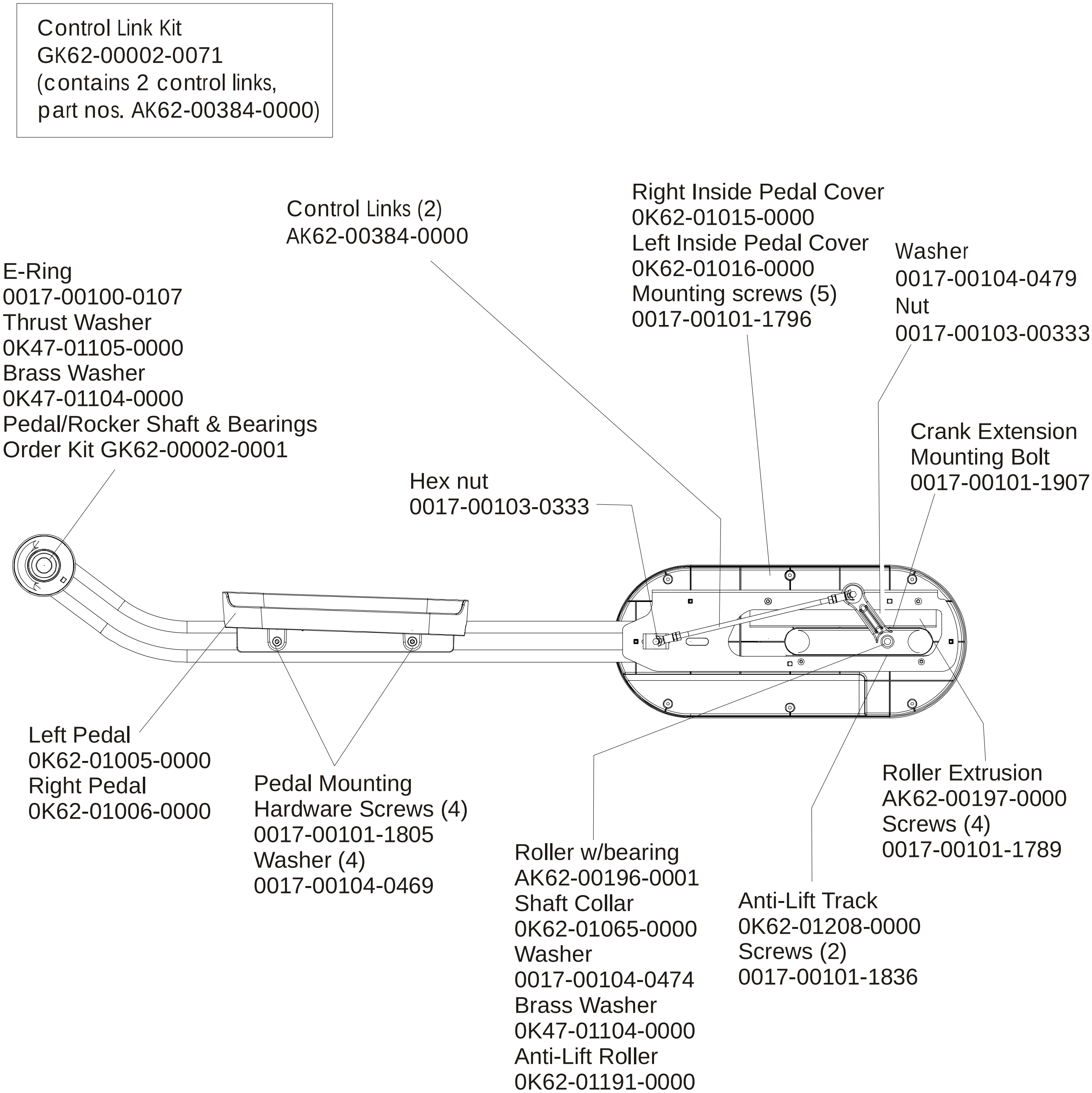
Leg Levelers
AK62-00124-0000

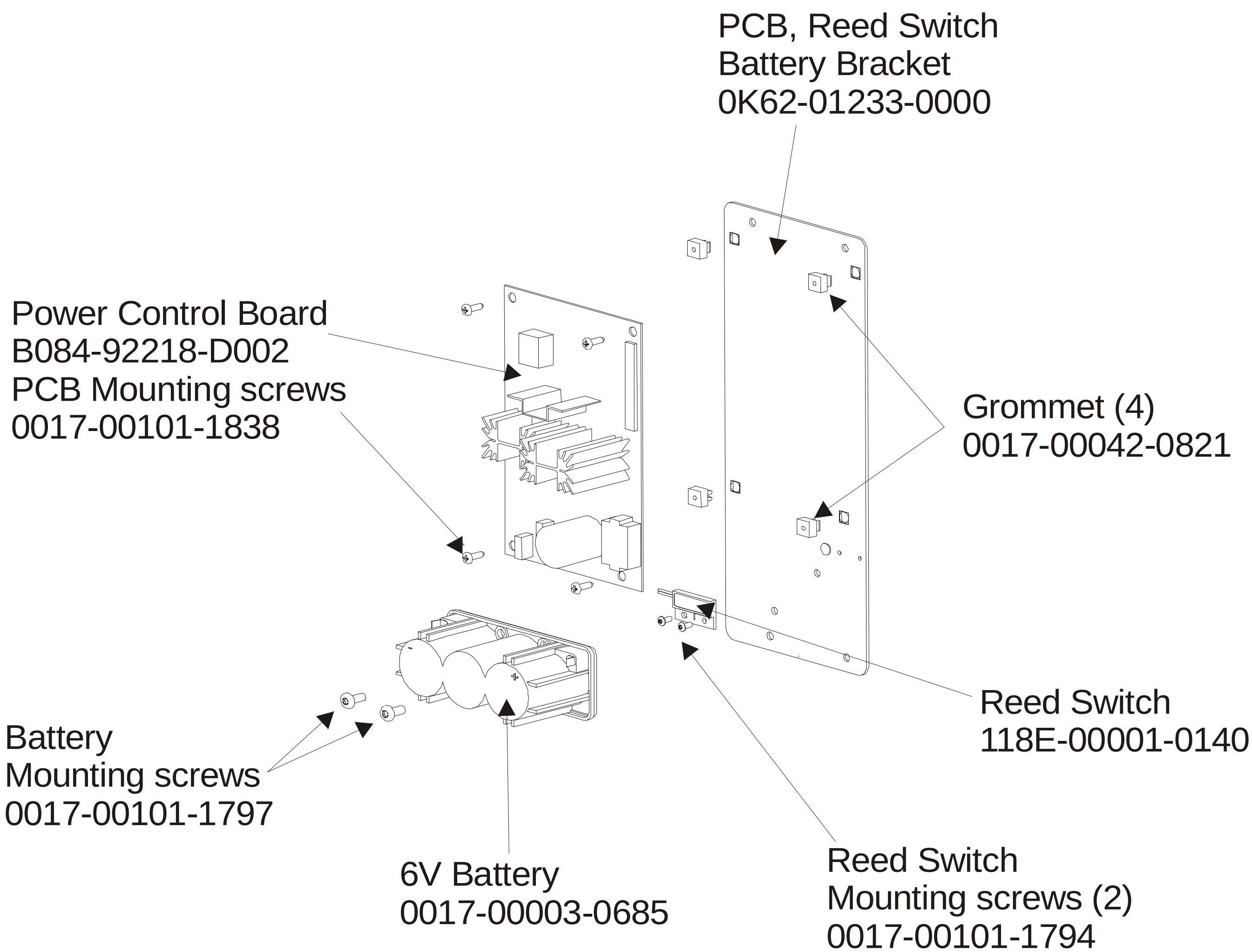
Ladder Frame Cover w/decal
AK62-00106-0001
4 - Mounting screws
0017-00101-1795

Wheel/Bracket Assy.
AK62-00102-0000
Mounting Screws
(3 per assy.)
0017-00101-1789

Rocker Cover Kit
(includes clip & screw)
GK62-00002-0066
Mounting Screw
0017-00101-1796
Left Inside Rocker Cover
0K62-01038-0000
Left Inside Lever Joint Cover
0K62-01040-0000
Outside Pedal Joint Cover
0K62-01035-0000
Mounting Screw
0017-00101-1836

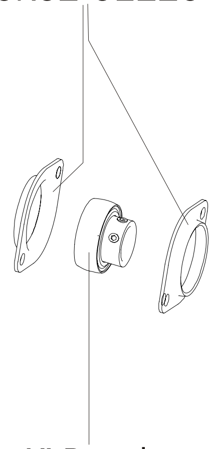
Shroud Panel
0K62-01002-0003
Mounting Screws
(2 per side)
0017-00101-1795


Control Link Kit
GK62-00002-0071
(contains 2 control links,
part nos. AK62-00384-0000)
Control Links (2)
AK62-00384-0000
Right Inside Pedal Cover
0K62-01015-0000
Left Inside Pedal Cover
0K62-01016-0000
Mounting screws (5)
0017-00101-1796
Washer
0017-00104-0479
Nut
0017-00103-00333
E-Ring
0017-00100-0107
Thrust Washer
0K47-01105-0000
Brass Washer
0K47-01104-0000
Pedal/Rocker Shaft & Bearings
Order Kit GK62-00002-0001
Crank Extension
Mounting Bolt
0017-00101-1907
Hex nut
0017-00103-0333
Left Pedal
0K62-01005-0000
Right Pedal
0K62-01006-0000
Pedal Mounting
Hardware Screws (4)
0017-00101-1805
Washer (4)
0017-00104-0469
Roller Extrusion
AK62-00197-0000
Screws (4)
0017-00101-1789
Roller w/bearing
AK62-00196-0001
Shaft Collar
0K62-01065-0000
Washer
0017-00104-0474
Brass Washer
0K47-01104-0000
Anti-Lift Roller
0K62-01191-0000
Anti-Lift Track
0K62-01208-0000
Screws (2)
0017-00101-1836


PCB, Reed Switch
Battery Bracket
0K62-01233-0000
Power Control Board
B084-92218-D002
PCB Mounting screws
0017-00101-1838
Grommet (4)
0017-00042-0821
Reed Switch
118E-00001-0140
Battery
Mounting screws
0017-00101-1797
6V Battery
0017-00003-0685
Reed Switch
Mounting screws (2)
0017-00101-1794

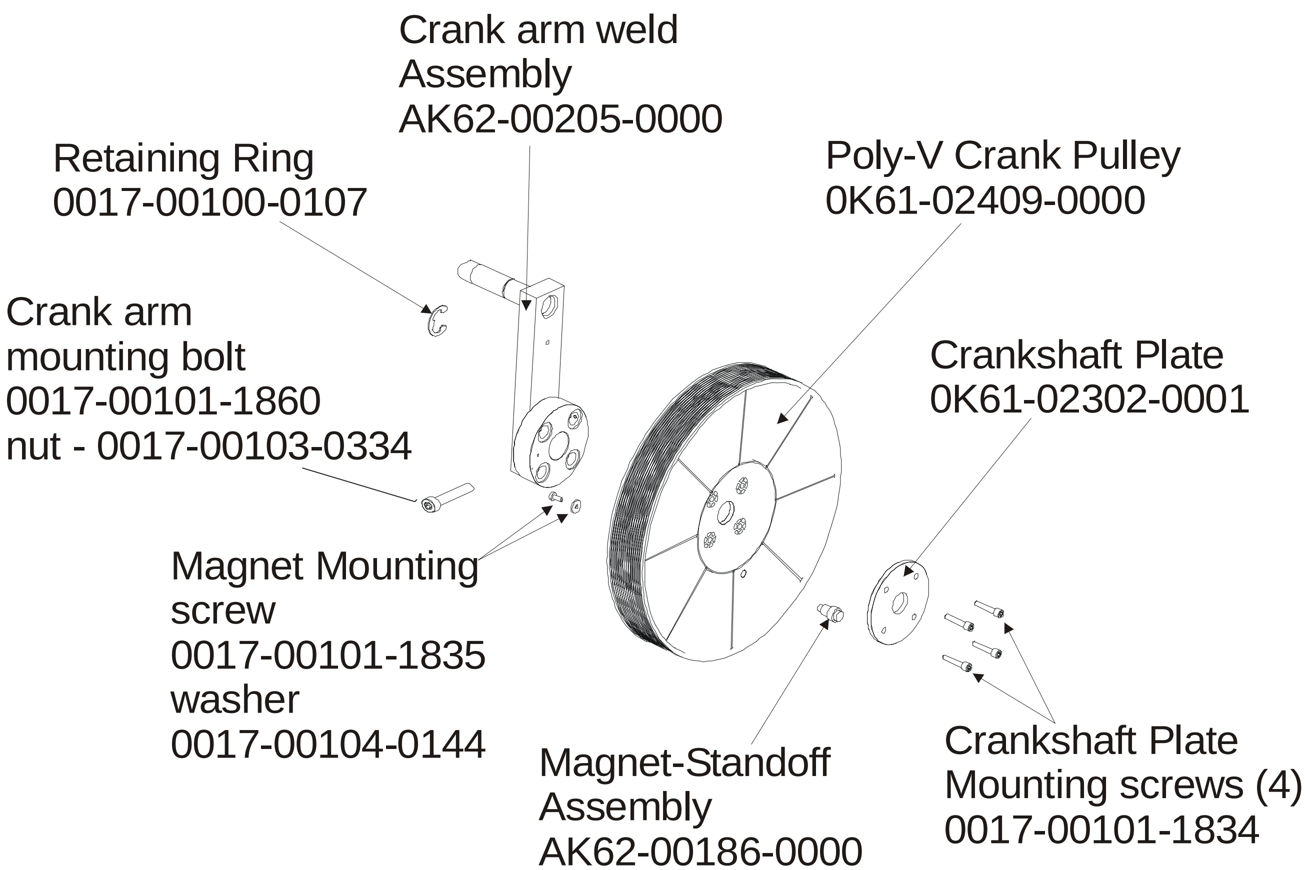
Bearing Insert Assembly
AK62-00299-0000
This assembly is used 4 times
on the drive module assembly.

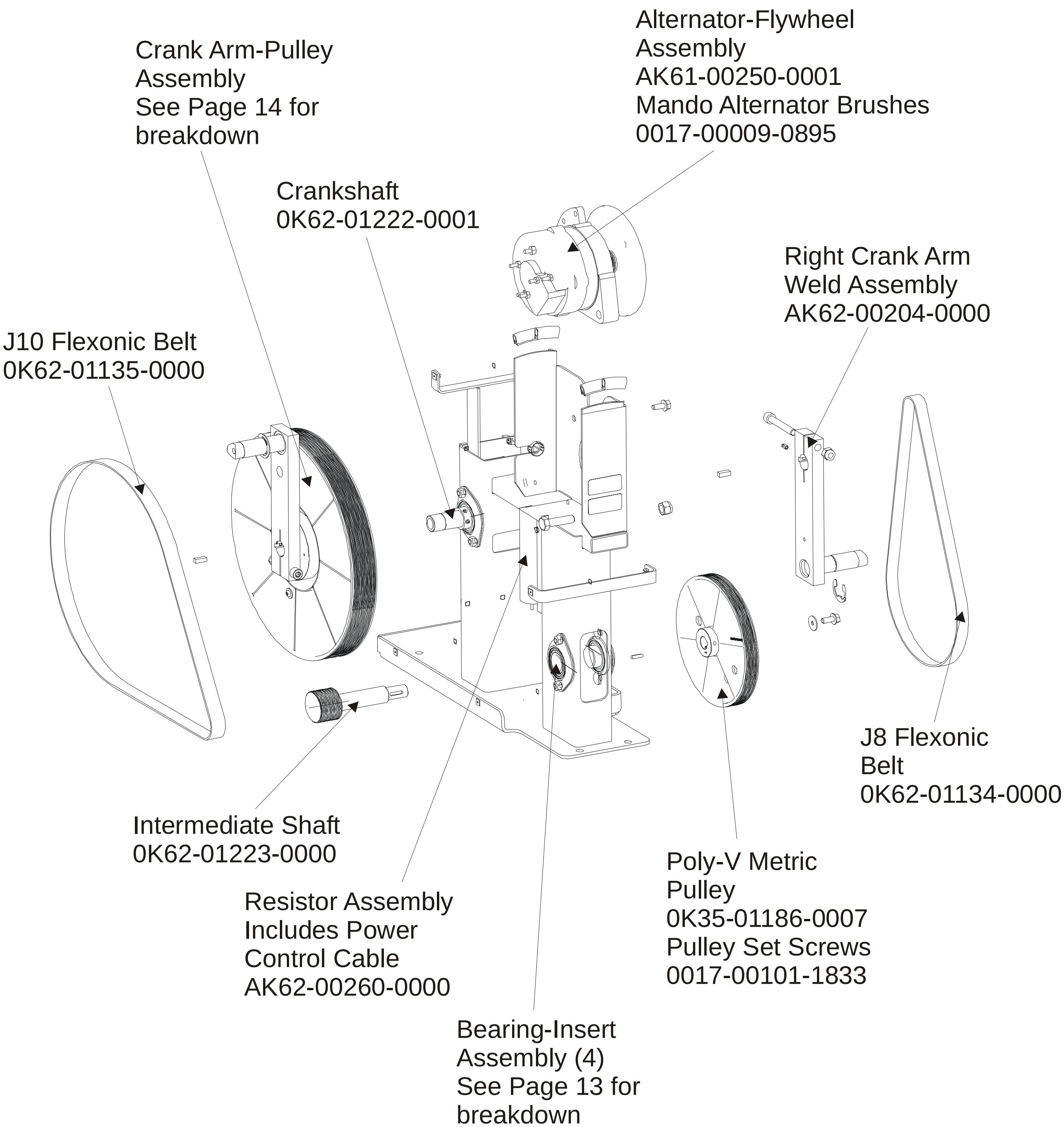
Bearing Flanges (2)
0K62-01220-0000

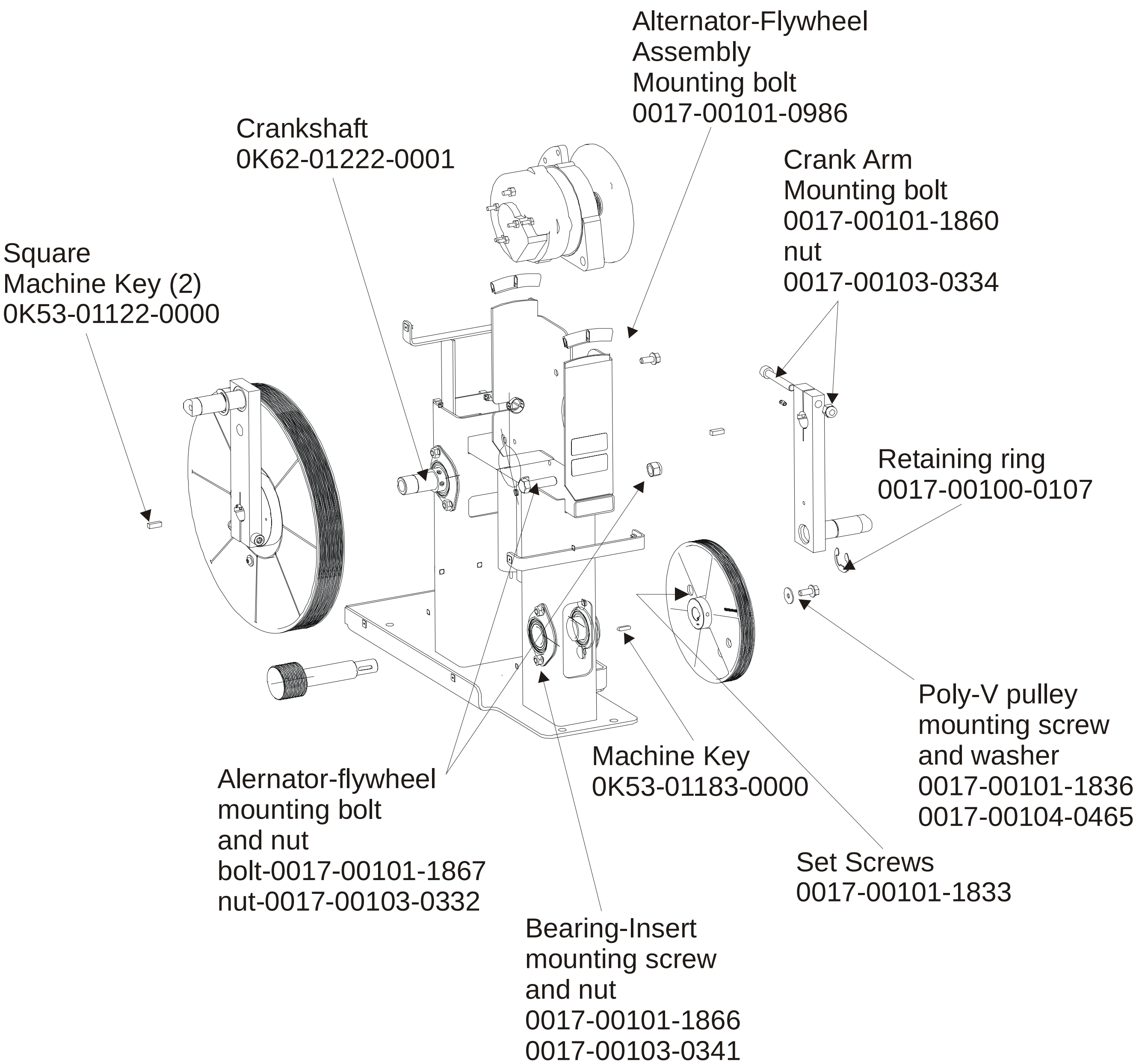


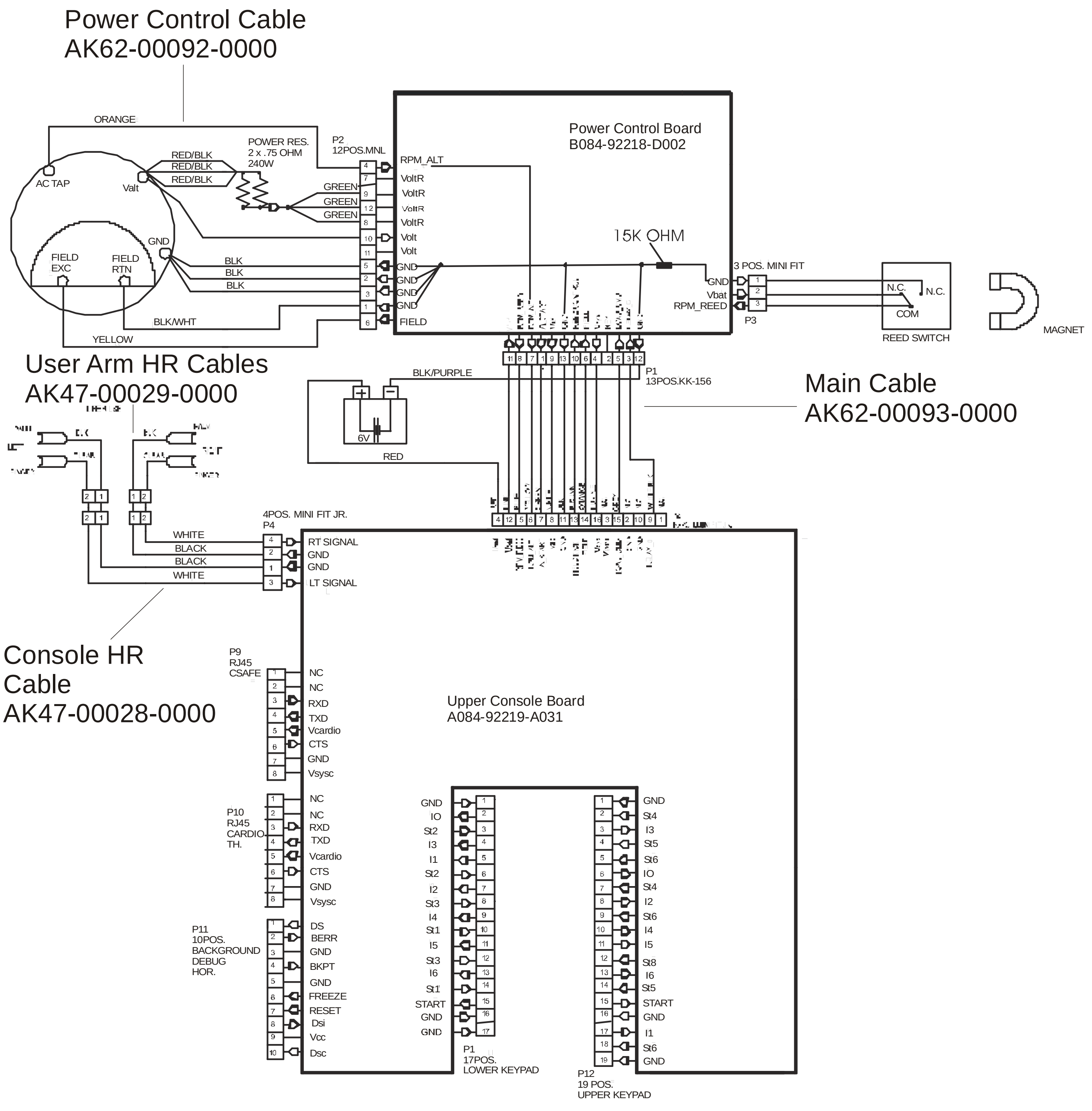
1” Bearing
0K62-01221-0000

Service Kits		
Part No.	**Contents**	**Quantity**
GK62-00002-0044	Crankshaft	1
	Bearings	2
	Sets of Bearing Flanges	2
	Nuts and Washers	4
GK62-00002-0045	Intermediate Shaft	1
	Bearings	2
	Sets of Bearing Flanges	2
	Nuts and Washers	4


Crank arm weld
Assembly
AK62-00205-0000
Retaining Ring
0017-00100-0107
Poly-V Crank Pulley
0K61-02409-0000
Crank arm
mounting bolt
0017-00101-1860
nut - 0017-00103-0334
Crankshaft Plate
0K61-02302-0001
Magnet Mounting
screw
0017-00101-1835
washer
0017-00104-0144
Magnet-Standoff
Assembly
AK62-00186-0000
Crankshaft Plate
Mounting screws (4)
0017-00101-1834


Crank Arm-Pulley Assembly See Page 14 for breakdown
Alternator-Flywheel Assembly AK61-00250-0001 Mando Alternator Brushes 0017-00009-0895
Crankshaft 0K62-01222-0001
Right Crank Arm Weld Assembly AK62-00204-0000
J10 Flexonic Belt 0K62-01135-0000
J8 Flexonic Belt 0K62-01134-0000
Intermediate Shaft 0K62-01223-0000
Poly-V Metric Pulley 0K35-01186-0007 Pulley Set Screws 0017-00101-1833
Resistor Assembly Includes Power Control Cable AK62-00260-0000
Bearing-Insert Assembly (4) See Page 13 for breakdown


Alternator-Flywheel
Assembly
Mounting bolt
0017-00101-0986
Crankshaft
0K62-01222-0001
Crank Arm
Mounting bolt
0017-00101-1860
nut
0017-00103-0334
Square
Machine Key (2)
0K53-01122-0000
Retaining ring
0017-00100-0107
Poly-V pulley
mounting screw
and washer
0017-00101-1836
0017-00104-0465
Machine Key
0K53-01183-0000
Alernator-flywheel
mounting bolt
and nut
bolt-0017-00101-1867
nut-0017-00103-0332
Set Screws
0017-00101-1833
Bearing-Insert
mounting screw
and nut
0017-00101-1866
0017-00103-0341


Power Control Cable
AK62-00092-0000
ORANGE
AC TAP
Valt
RED/BLK
RED/BLK
RED/BLK
POWER RES.
2 x .75 OHM
240W
GREEN
GREEN
GREEN
GND
FIELD
EXC
FIELD
RTN
BLK
BLK
BLK
BLK/WHT
YELLOW
P2
12POS.MNL
RPM_ALT
VoltR
VoltR
VoltR
VoltR
Volt
Volt
GND
GND
GND
GND
FIELD
Power Control Board
B084-92218-D002
15K OHM
3 POS. MINI FIT
GND
Vbat
RPM_REED
P3
N.C.
N.C.
COM
REED SWITCH
MAGNET
BLK/PURPLE
6V
RED
P1
13POS.KK-156
Main Cable
AK62-00093-0000
User Arm HR Cables
AK47-00029-0000
4POS. MINI FIT JR.
P4
WHITE
BLACK
BLACK
WHITE
RT SIGNAL
GND
GND
LT SIGNAL
Console HR
Cable
AK47-00028-0000
P9
RJ45
CSAFE
NC
NC
RXD
TXD
Vcardio
CTS
GND
Vsysc
Upper Console Board
A084-92219-A031
P10
RJ45
CARDIO.
TH.
NC
NC
RXD
TXD
Vcardio
CTS
GND
Vsysc
P11
10POS.
BACKGROUND
DEBUG
HOR.
DS
BERR
GND
BKPT
GND
FREEZE
RESET
Dsi
Vcc
Dsc
GND
IO
St2
I3
I1
St2
I2
St3
I4
St1
I5
St3
I6
St1
START
GND
GND
P1
17POS.
LOWER KEYPAD
GND
St4
I3
St5
St6
IO
St4
I2
St6
I4
I5
St8
I6
St5
START
GND
I1
St6
GND
P12
19 POS.
UPPER KEYPAD